

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL RESERVATION PROCESS - To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a "Special Lunch" (SL) (March 15th or 28th), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: \$2.25 is the requested minimum donation. Under Age 60: There is a \$4.00 charge for lunch. Vegetarian lunch option is available; Please see the front desk for details and to sign up. <i>All meals are catered by Business Food Solutions, Inc.</i>			1. DELI STYLE CHICKEN SALAD Lettuce & Tomato Garnish Navy Bean Soup 3 Bean Salad Whole Wheat Bread Fresh Apple Slices Apple Juice	2. SPAGHETTI & MEATBALLS Caesar Style Salad Parmesan Cheese Garnish Broccoli Cuts Mandarin Oranges Whole Wheat Roll
5. DIJON CREAM CHICKEN BREASTS Seasoned Red Skin Potatoes Stewed Tomatoes Whole Wheat Road Cinnamon Applesauce Orange Juice	6. SLICED POT ROAST w/Tomato Gravy Stew Cut Vegetables Garlic Mashed Potatoes Whole Wheat Roll Fresh Whole Orange Yogurt Apple Juice	7. TURKEY STROGANOFF Buttered Noodles Maple Glazed Carrots Tropical Fruit Whole Wheat Bread Fruit Juice	8. CHICKEN CACCIATORE Brown Rice Pilaf Romano Blend Vegetables Whole Wheat Bread Diced Peaches Cranberry Juice	9. MEATLOAF w/Gravy Mashed Potatoes Peas & Pearl Onions Whole Wheat Bread Cinnamon Apples Orange Juice
12. PULLED PORK BBQ on Bun Fresh Cole Slaw Baked Beans Pineapple Tidbits Grape Juice	13. CHICKEN PICATTA Parslied Noodles Peas & Carrots Mandarin Oranges Whole Wheat Bread Fruit Punch	14. ROAST PORK LOIN w/Tarragon Mustard Sauce Mashed Potatoes Steamed Carrots Cinnamon Apples Whole Wheat Bread Yogurt Pineapple Juice	15. (SL) Sign up by 2/8 CORNEB BEEF Colcannon Carrots w/Dill Corn Muffin Whole Sheet Cake w/Green Icing Cranberry Juice	16. ALL SENIOR CENTERS ARE CLOSED FOR PRESIDENTS' DAY
19. ALL SENIOR CENTERS ARE CLOSED FOR PRESIDENTS' DAY	21. ROAST TURKEY w/Gravy Mashed Potatoes Seasoned Spinach Whole Wheat Roll Fresh Whole Orange Apple Juice	21. COTTAGE CHEESE COLD PLATE Multi Bean Soup Peach & Pear Slice Pineapple Ring Grape Tomatoes Leaf Garnish Wheat Crackers Apple Juice	22. LEMON PEPPER CHICKEN BREAST Yellow Rice Pilaf Green Beans Diced Pears Whole Wheat Bread Orange Juice	23. MEATLOAF w/Gravy Mashed Potatoes Seasoned Greens Pickled Beets Whole Wheat Bread Yogurt Pineapple Juice
26. HOT CORNEB BEEF w/Swiss Cheese Spicy Brown Mustard Rye Bread Fresh Cole Slaw Dilled Baby Carrots Diced Peaches	27. BOURBON RAISIN GLAZED HAM Sweet Potatoes Fresh Greek Style Salad w/Feta Cheese Garnish Green Beans Whole Wheat Bread Orange/Pineapple Juice	28. (SL) Sign up by 2/21 ROAST PORK LOIN w/Gravy Mashed Potatoes Green Bean Casserole Sliced Peaches Dinner Roll Apple Pie w/Whipped Topping	29. SLOPPY JOE SANDWCH Hamburger Roll Dilled Carrots Fresh Pepper Slaw Cinnamon Apples	30. ROASTED PORK LOIN w/Apple Cranberry Glaze Fresh Cucumber & Tomato Salad Broccoli Cheese Casserole Parslied Mashed Potatoes Whole Wheat Roll Diced Pears

Barry Glassman
Harford County Executive

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Dept. of Community Services

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